CLAIMS

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- means for obtaining decisions by a student whether provided descriptions of experience are true for an experience of the student;
- 4 cross-referencing means for cross-referencing from the descriptions of experience to 5 personality traits;
 - recording means for recording a writing by the student, the recording means comprising a first region for a list of the personality traits obtained via the cross-referencing means, and a second region for a summary of the experience;
 - a first means for teaching that directs the student to make decisions in cooperation with the means for obtaining decisions;
 - a second means for teaching that directs the student to make entries in the regions of the recording means in accordance with the decisions; and
 - a third means for teaching that directs the student to retell the summary of the experience in answer to a question during an interview.
 - 2. The system of claim 1 wherein the recording means further comprises a third region for a summary list comprising the personality traits obtained via the cross-referencing means.
 - 3. The system of claim 2 wherein the summary list further comprises at least one of values and
- 2 morals that the student has determined are demonstrated by the experience.
- 4. The system of claim 2 further comprising a fourth means for teaching that directs the student to
- 2 retell at least part of the summary list in answer to the question during the interview.
- 1 5. The system of claim 1 further comprising entering means for automatically entering personality
- 2 traits into the first region in accordance with the means for obtaining decisions and in accordance
- 3 with the cross-reference means.

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6. The system of claim 1 further comprising a memory device comprising indicia of at least one of

the means for obtaining, the cross-referencing means, the recording means, the first means for

9. The method of claim 1 further comprising:

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- a step for asserting that prompts are in recognizable categories;
- a step for directing the student to associate themes with prompts; and
- a step for directing the student to respond to a particular prompt by:
- 5 recognizing the category of the particular prompt; and
- 6 recalling the particular theme that had been associated with the particular prompt.
 - 10. The method of claim 1 further comprising:

- a step for directing the student to, after retelling, state at least one theme that had been
- 3 associated with the experience.

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